



## **‘A Healthier Me’**

# **A Pathway for Lifestyle Support for Adults with a Learning Disability in the Scottish Borders**

## Contents

Contents.....	2
Introduction .....	3
Using ‘The Pathway’ .....	4
The Pathway.....	5
1. Start – how to engage individuals in support for lifestyle .....	6
2. Knowledge and Learning .....	8
3. Scottish Consortium for Learning Disability (SCLD) Healthy Eating Healthy Living Pack. 11	
4. Physical health checks and lifestyle advice .....	14
5. Learning Disability Services .....	15
6. Signposting and other resources.....	17

## Introduction

It is a fact that people with learning disabilities are more likely to have poor health but this is not inevitable and we need to look at the reasons. An individual's health and health choices are shaped by a whole variety of influences. The way we lead our lives day to day is an important aspect of this – what food we eat, how much we eat and how physically active or inactive we are able to be. For someone with a learning disability there are often particular barriers when it comes to eating well and being active. Those barriers can be related directly to the person's own needs and how they can communicate with others about what they need. Barriers can also be linked to the knowledge and understanding of those who care for and support people with learning disabilities.

'A Healthier Me' seeks to tackle these issues in order to improve the health and wellbeing of people with learning disabilities. It provides tools and resources for these individuals, their families, carers and support services, all summarised in this pathway. It is important that this is seen as one part of the wider work in Scottish Borders to promote health and wellbeing for everyone, through healthy eating and active living. NHS Borders plays a role in this through its adult weight management pathway but other partners also have significant roles to play too.

'A Healthier Me' starts from the assumption that everyone involved in the lives of people with learning disabilities has a role in supporting health and wellbeing and encouraging healthy life choices. This means understanding the importance of nutritious food, making healthy choices readily available and supporting people with learning disabilities to have nutritious meals, snacks, drinks and physical activity. For services, it means ensuring that support staff are equipped with the knowledge, skills and confidence to support someone in this way, on a day to day basis.

'A Healthier Me' was developed as a short term project however the 'A Healthier Me' Pathway is a long term resource. The challenge of reducing health inequalities for people with learning disabilities requires a long term commitment to achieve change, improve how we care for and support people and ensure that those with learning disabilities can enjoy the best possible health.

This work would not have been possible without funding from the Scottish Government Health Inequalities Fund and we are grateful to all individuals and stakeholders involved in the project whose input has been invaluable in the creation of this resource.

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## Using 'The Pathway'

The 'A Healthier Me' Pathway has been developed to meet the following aims:

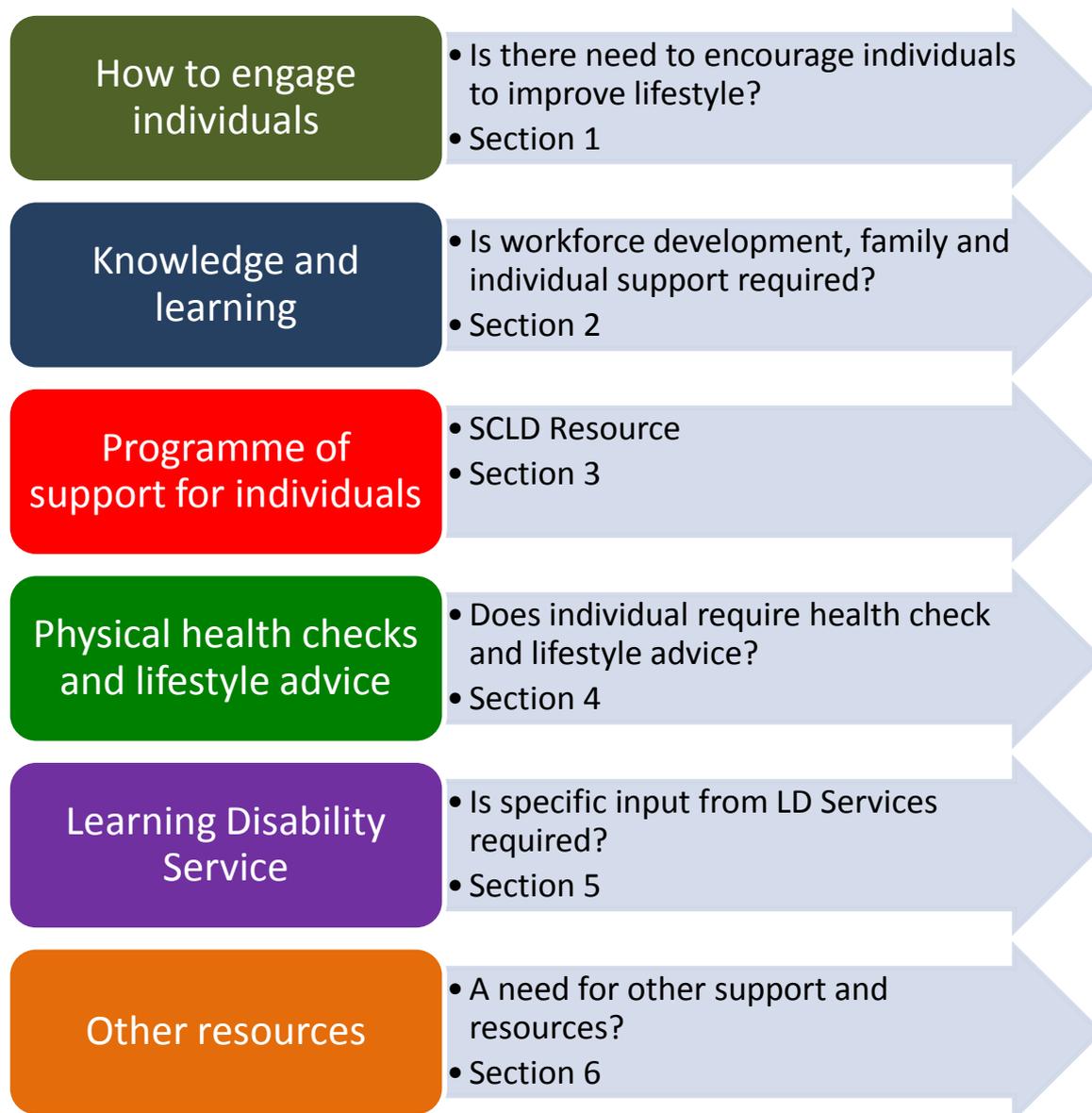
- To ensure individuals will experience improved health through lifestyle change
- Carers will have a better understanding of their influence when engaging with individuals with a learning disability
- Support staff and family of people with a learning disability will experience improved health behaviours as a result of their improved knowledge and how this affects the people they care for
- A more streamlined service approach to positive changes in lifestyle and weight management as a result of the implementation of an easy to follow Pathway
- The Pathway will effectively bring together the varying streams of work underway across services to optimise behaviour changes in the management of weight and healthy living.

The Pathway therefore has to meet the needs of service users, family members, support staff and professionals. As with all person centred work, needs are individual to the person with a learning disability, so The Pathway has been designed to provide a selection of resources which have been utilised successfully and are available locally within the Scottish Borders. Using the resources in combination will result in improved health behaviours, provide development opportunities for individuals and organisations and ultimately achieve a range of outcomes, ensuring the aims of The Pathway are met.

The resources can be customised to the needs of an individual and there is evidence to show they can be readily adapted for a variety of settings, working with people with a wide range of abilities and adapted to individual circumstances and services. In some instances it may be that only a few sections may be appropriate but in others a combination of all may be relevant. The greatest success will be achieved when knowledge of all the resources is widely shared and The Pathway is embedded into practice.

Individuals and organisations will know what works best for them and it is the creative and enthusiastic adaptations of the resources within The Pathway which will lead to success in improving the services and support we deliver and the improved health of the people supported by services.

## The Pathway



## How to engage individuals

- Is there need to encourage individuals to improve lifestyle?
- Section 1

### 1. Start – how to engage individuals in support for lifestyle

Key leads should be identified to develop and deliver The Pathway within their own organisation. It is likely the role of this person will be to promote the use of the resources within The Pathway, encourage shared learning and best practice, offer communication about the need for lifestyle support and develop and deliver programmes of support for individuals. The attributes and skills of the key leads are likely to include the following:

- Interest in food and physical activity
- Knowledge of how their own organisation works and the services provided
- General knowledge and understanding of health and social care services
- Understanding of how to engage with other organisations and stakeholders
- Management, time management organisational and administration skills
- Self motivation, enthusiasm and creativity
- ‘Can do’ attitude
- Good communication skills
- Experience of working with groups – both staff and individuals with learning disabilities
- Commitment to sharing information
- Willingness to work flexibly including evenings and weekends
- Practical cookery skills

Once key leads are identified there is an expectation that they will be responsible for ensuring The Pathway is utilised with their own organisation. There is recognition that Pathway resources will need to provide support for the individuals receiving services and this can be found in Section 3. The Knowledge and Learning (Section 2) part of The Pathway will provide resources around training and development needs which may be necessary.

Information is essential to encourage the people we support to be part of any work-streams around lifestyle improvements. The Health Behaviour Change Model (See Section 2) highlights that there is likely to be a greater chance of improved health behaviours if individuals are ready for change. As such, it is recommended that people are encouraged to be involved in any support available, but it should be up to the individuals if they wish to be included in or join any structured programmes of support.

The pilot phases of the project found the following approaches useful:

**1.1. Letters, leaflets and literature.**

Providing information about lifestyle support programmes is key. 'A Healthier Me' initially wrote to service users and sent a simple leaflet explaining the types of information which may be covered in any programme of support. Should a formal programme have already been developed this could include dates, timescales, key stakeholder information and costs.

**1.2. Roadshows and events.**

A successful approach was also to hold short roadshows/drop-ins where individuals could meet with the programme lead and other key staff as well as look at the practical resources which would link to subject areas covered by any programme. This could include the Eatwell Plate and Food Models, DVDs, a range of food packaging, information about parts of the body, quizzes, mini health checks and leaflets and information about what is on offer. These sessions are also useful to gather information from individuals about their availability and areas they may have concerns about.

**1.3. Reviews and meetings.**

Key leads, managers and support staff may become aware of individuals who are concerned about their health and lifestyle at both formal and informal meetings and discussions. These individuals could then be signposted to the appropriate key lead.

## Knowledge and learning

- Is workforce development, family and individual support required?
- Section 2

## 2. Knowledge and Learning

There are many and varied sources of knowledge and training necessary for the successful delivery of The Pathway. Individual organisations will have a wide range of available training which supports the needs of individuals in relation to health; however the following training options and resources have been identified which will support the aims of The Pathway and ensure individuals involved in supporting people are appropriately skilled. Whilst it is anticipated that most will be identified as a training need for staff within organisations, it should be remembered that some individuals live with family and family members may wish to access any training on offer.

### 2.1. Royal Environmental Health Institute of Scotland (REHIS)

The REHIS Elementary Food and Health Course for Adult Carers of People with a Learning Disability has been identified as training that would be appropriate for Key Leads. The course covers:

- An Introduction to food and health
- Eating for health and wellbeing
- Understanding energy balance
- Health Issues in people with Learning Disabilities
- Menu planning
- Resources
- An awareness of the various food policies and documents relating to people with a learning disability

This is an accredited 2 day programme and NHS Borders is a registered training centre for REHIS. Please note this course has also been identified by Scottish Consortium for Learning Disability (SCLD) Healthy Eating Healthy Living as a necessary training qualification for people involved with the delivery of this programme of support (See Section 3). A shorter Elementary Food and Health Course is also available from NHS Borders.

To access these courses please contact [Joint Health Improvement Team, SBC Headquarters, Newtown St Boswells, Tel: 01835 825970 or email: \[healthimprovement@borders.scot.nhs.uk\]\(mailto:healthimprovement@borders.scot.nhs.uk\)](#)

## 2.2. 'A Healthier Me' Nutrition Awareness

This Course has been developed as a short (4 Hour) awareness course aimed at staff who are supporting individuals who are being supported by The Pathway, and specifically programmes of support included in the SCLD Healthy Eating, Healthy Living resource. During 2015 identified Key Leads, who have successfully completed the REHIS 2 day Course, will be trained to deliver this within their own organisations.

## 2.3. E-learning

Learning and Workforce Development, NHS Scotland have a number of e-learning modules which will support key leads and carers to understand health behaviour change in more detail.

The e-Learning modules can be accessed using the link below

<http://elearning.healthscotland.com/course/index.php?categoryid=108>

The e-Learning modules can work as standalone resources to increase knowledge, but are recommended to be used as part of a blended programme in conjunction with the face to face training to improve skills and address attitudes. Questions about accessing these resources can be addressed to [nhs.HealthScotland-LWDTeam@nhs.net](mailto:nhs.HealthScotland-LWDTeam@nhs.net).

The following three modules have been identified as particularly helpful:

- Health Behaviour Change (HBC) level 1 is aimed at informed workers – those who will “raise the issue” of health behaviours and then refer on.
- HBC level 2 is aimed at skilled workers – those who will actually perform the brief intervention.
- Raising the Issue of Physical Activity

## 2.4. SCLD Healthy Eating Healthy Living Pack (Section 3)

This pack also contains a significant source of training and support materials for all levels of staff. See the following section for more information.

## 2.5. Other Organisational Training

Most organisations will already be providing training (such as Food Hygiene, First Aid, Nutrition etc.) which will also benefit staff and individuals who are involved in the work of The Pathway.

## **2.6. Team Briefings**

Staff Teams benefit from an understanding of The Pathway and the purpose of providing programmes of support for individuals. Consistent key workers are an essential link to the individuals being able to incorporate support into Individual Support Plans and communicating with families.

Programme of support for individuals

- SCLD Resource
- Section 3

### 3. Scottish Consortium for Learning Disability (SCLD) Healthy Eating Healthy Living Pack.

This pack has been specifically structured to enable staff to deliver a systematic programme that will have a broader impact on general food and nutrition issues which are important for people with learning disabilities. The sessions are designed to be inclusive of people with a wide range of learning disabilities and can be run on a sessional basis to suit the needs of the group.

The development of the pack, led by dieticians in the Glasgow Learning Disability Partnership (GLDP) in partnership with day service and health staff, users and carers, was funded initially by Health Promotion Health Service (NHS Health Scotland) and local NHS funding. The Scottish Government provided further funding to pilot methods of providing healthy living messages that were accessible to people with learning disabilities. Resources from the Scottish Government Healthy Living Pack were used as the educational basis and the topics were extended to include the more specific health needs of people with learning disabilities taken from the Health Needs Assessment Report (NHS Health Scotland 2004). The core focus is healthy eating and exercise awareness.

This training pack received the COSLA Gold Award in the “Tackling Inequalities Improving Health” category which is sponsored by Health Scotland

The full pack can be downloaded at <http://www.sclد.org.uk/training-consultancy/training/resources/healthy-eating-healthy-living>

The use of this pack has been successfully piloted during the pilot stages of ‘A Healthier Me’. The full use of the pack provided twenty two sessions of two hours for individuals. During the pilot it was not possible to run the full programme in its entirety, but it was used as a basis of programmes of support for all individuals involved in the project to date. Key leads should be able to adapt and use these materials to meet the needs of both individuals but also work within the resources (times, venues, staff) available. The following information may be useful for key leads as they develop their own programmes:

### **3.1. Where to provide programmes?**

The pilot groups in the Borders have been held in a variety of settings from office facilities/training rooms, day service facilities, and in individual homes. Location is important both in terms of accessibility but also how far individuals are prepared to travel to attend events and sessions. Additionally locations with facilities such as kitchen and cooking options, or physical activity options can be useful.

### **3.2. Working with groups and individuals.**

The resources within the pack can be used to provide information and practical examples whether in group settings or on an individual basis. Some individuals may never be able to attend group sessions, but the materials can be utilised in the home environment. There was evidence that working with groups of individuals provided greater opportunities for learning and shared learning. Group work involved more interaction and set up informal peer support for individuals. The materials within the pack have been developed to suit people with a range of abilities and have been evidenced to work well with a wide range of need.

Consideration should be given to individual organisations availability for resources (both venues and key leads) and also availability of individuals to be involved. It may be that people attend particular groups and/or activities which they would not be prepared to miss to attend alternative programmes of support but would be happy to attend at other times. Thinking about individuals and the overall make up of the group is also important. Not all individuals will have one-to-one support so it is important the key lead has help and support to enable individuals to make the most of any sessions.

Providing the individuals with their own resource pack assists learning and encourages information to be shared. For example if an individuals receives information during the day and resources can then be taken home it is more likely home support can identify and incorporate changes to improve lifestyle in the home environment.

### **3.3. Peer group events**

Larger scale, peer group events have been very useful in supporting actual behaviour change. Larger events round cooking, eating, and physical activity have been useful particularly where the main programmes have been made up of knowledge sessions of support. The social and fun aspect of peer events encourages and motivates individuals with health behaviour change. An opportunity to walk with a group is likely to be less daunting than doing so on an individual basis. Trying new foods is more fun and less frightening when doing it with others. Informal peer support is established and individuals learn from watching others 'do'. These events are also useful to provide a point of reference for programme information. They are a useful opportunity to

promote real and positive experience in addition to celebrating participation and success.

### **3.4. Other agencies**

Sharing the materials in the pack may be useful to encourage the individual to make behaviour change. The symbols and materials used in the pack may be able to be incorporated into Individuals Support Plans – or taken to medical appointments or review meetings. Using consistent materials promotes learning and encourages individuals to relate how knowledge can be used on a practical level.

### **3.5. General advice.**

- Two people are always useful when facilitating group work. Think about what support is available and necessary and this will affect the maximum people likely to work in groups.
- Allow enough time to prepare group work and events – preparation of resources, general paperwork (correspondence and copying) all add a significant workload to running programmes.
- Think about the models of support which may be possible. Whilst the pack can be easily adapted it would still be recommended to include the key subject areas as part of any programme. These are sugar, salt, fat, fruit and vegetables, fibre, bones and food labels. This could be holding information/knowledge sessions based on the theory of the key subject areas with peer group events to encourage learning or it could include practical cooking skills if facilities are available. It could be by holding frequent group events e.g. seasonal or monthly. All these are possible using the pack as a base.
- Wherever possible engage in conversation about lifestyle – this will give facilitators a better understanding of need and help provide further opportunities for learning.
- Encourage family members to know more about the programme and attend any events and sessions. There was evidence during the pilot project that family members are more likely to attend peer group social events.
- Incorporate and provide healthy messages in all sessions – giving examples of positive role models is essential. As an example – provide water and fruit rather than coffee and biscuits if refreshments are required. Join in activities to encourage and motivate.
- There was evidence from the pilot groups that individuals were prepared to contribute towards the running of such groups by providing or buying ingredients for practical cooking sessions and buying lunch at peer group events.

## Physical health checks and lifestyle advice

- Does individual require health check and lifestyle advice?
- Section 4

### 4. Physical health checks and lifestyle advice

#### 4.1. Lifestyle Advisor Support Service (LASS)

This service, part of the primary health care team, based in local Health Centres, offers support to people who wish to make a lifestyle change to improve their health.

Lifestyle Advisers will help individuals to:

- Decide what it is about their lifestyle an individual wants to change
- Develop a personal action plan
- Think about how to make and maintain these changes.

Health behaviour advice can be given on

- Healthy eating
- Weight management
- Physical activity
- Emotional well-being
- Smoking
- Safe drinking

Appointments with Lifestyle Advisors can be made with the Health Centre to which the individual is registered. All Lifestyle Advisors will have access to the materials within the SCLD Pack. It would always be advised that an individual is supported to attend these appointments. Physical health checks are available through this service to help the individuals understand their current health in terms of weight, BMIs, blood pressure etc.

Further information about this service can be obtained from – [LASS Administrator at 01896 824 502.](#)

#### 4.2. Other support – LD Service

Individuals who are not able to access local Health Centres to access support in these areas will be able to access support through the Learning Disability Service (See Section 5).

## Learning Disability Service

- Is specific input from LD Services required?
- Section 5

### 5. Learning Disability Services

A learning disability can also be accompanied by or lead to the person having other difficulties:

- Mental Health problems
- Autism
- Epilepsy
- Behaviours that challenge
- Language and communication difficulties
- Physical Health issues
- Sensory disability
- Social and relationship difficulties

An individual who has difficulty accessing mainstream services, or requires more specialist intervention and may involve:

- Assessment and management of mental health
- Assessment and care management
- Assessment and management of behaviours that challenge
- Assessment and management of mobility & physical function
- Assessment and therapy of communication difficulties
- Assessment and management of eating/drinking/swallowing disorders
- Assessment and advice on nutrition
- Assessment of risk
- Assessment of finances/welfare benefits
- Develop a support plan to support identified support needs
- Review of support packages
- Emotional and counselling support
- Health screening, education and promotion
- Independent living skills promotion and employment support

These services can be delivered by:

- Direct client contact and group settings
- Training / consultation workshops for carers, professionals and service users

Specialist team members include:

- Administrative Support
- Community LD Nursing
- Dietetics
- Music Therapy
- Occupational Therapy
- Physiotherapy
- Psychiatry
- Psychology
- Social Work
- Speech and Language Therapy

These services can be accessed by contacting the Learning Disability Service by telephoning 01896 824 582.

The Local Area Co-ordination (LAC) Team are part of the Learning Disability Service. The team work with individuals with a learning disability and family carers and are based in local communities throughout the Scottish Borders. The LAC Team work with individuals with a learning disability to promote healthy lifestyles. They assist people to get involved in a range of local community activities such as keep-fit classes, Boccia groups, healthy cooking classes and dance sessions. They also work with local partners to respond to identified gaps and develop opportunities for health and fitness in local communities.

Please contact the Learning Disability Service on 01896 824 582 and ask for the Local Area Co-ordination Team.

## Other resources

- A need for other support and resources?
- Section 6

## 6. Signposting and other resources.

### 6.1. Borders College

The College Care and Access Faculty Supported Programmes offer an Options for Learning Award which is aimed at students with additional support needs. This Award includes areas such as:

- Developing shopping and cooking skills
- Café work placement
- Skills for personal development
- Developing health and fitness skills

More information can be contacting the Programme Leader of the Care and Access Faculty by telephoning 01896 662 591.

### 6.2. Borders Sports and Leisure Trust (BSLT)

Borders Sport and Leisure is a certified social enterprise with the aim of inspiring everyone in the Borders to enjoy more active lifestyles, sporting excellence and healthier futures through:

- Providing attractive and accessible facilities
- Delivering varied and good value activities
- Employing skilled and enthusiastic staff
- Communicating openly and effectively
- Working with others who share our goals and aspirations

BSLT are committed to supporting the work of A Healthier Me and further information can be found by contacting the Disability Sports Development Officer, visiting [www.bslt.org.uk](http://www.bslt.org.uk) or telephoning 01896 661 166.

### 6.3. Health Champions

This project was established by the Scottish Borders Learning Disability Service (LDS) in 2010, as part of a wider approach seeking to engage people with a learning disability in activities aimed at encouraging behaviour change resulting in healthier lifestyles.

The course, run at Borders College, has been designed to increase health promotion capacity by training Health Champions to assist with the delivery of health improvement

initiatives for the benefit of the learning disabled community and carers, by helping them to make healthy living choices.

The main learning outcomes for the course include:

- working as part of a team
- taking part in health improvement activities
- understanding basic health improvement advice and the benefits of that
- understanding what being a role model means
- learning how to follow instructions
- learning communication skills and speaking to individuals and groups about specific health improvement topics - for example, the benefits of five portions of fruit and vegetables each day, understanding sugar and fat content in foods and the way this can affect health, the benefits of physical activity

The Introduction to Health Champions course (full title) is fully accredited under the SCQF (Scottish Credit and Qualification Framework), and provides successful students 3 x credits at SCQF level 2 towards future learning.

For further information, contact Local Area Co-ordinator (Health & Wellbeing), 01361 882 540 or email: [David.Cook@scotborders.gov.uk](mailto:David.Cook@scotborders.gov.uk)

#### **6.4. Funding**

Organisations may be able to apply for grants to support their projects. Funding during the pilot years was obtained from Community Food and Health (Scotland) and Communities 2014 Fund (Part of Peoples Lottery) to support the work of activities. Other funding sources may also be useful.

#### **6.5. Eatwell Resources**

A large Eatwell floor mat and food models are available for the use of organisations delivering support. These can be booked by contacting the Administration Team at The Learning Disability Service and asking for Nursing Resources – telephone 01896 824 582

Please note: In addition to these Eatwell resources, key leads may find benefit in collecting a selection of empty food packaging. It is useful that these collections contain examples of unhealthy and healthy food choices with a variety of food labelling systems to promote discussion and learning.

## 6.6. The Joint Health Improvement Team

The Joint Health Improvement Team resource service has a range of healthy lifestyle leaflets and materials. These can be accessed by services with a public health or health improvement role for use with their client groups. The service can be accessed by contacting: Joint Health Improvement Team, Old School Building, Newtown St Boswells TD6 0SA. Health Improvement: 01835 825 970. Smoking Cessation: 01835 825 971.

Please note: due to space issues they can only hold a small amount of stock and are only able to order on a monthly basis from Health Scotland, to ensure that all services can have leaflets when required to service their client groups we have to limit the amount and frequency of leaflets sent.

## 6.7. Cooking resources

A range of cooking equipment is available for the use of organisations delivering support. These can be booked by contacting the Administration Team at The Learning Disability Service and asking for Nursing Resources – telephone 01896 824 582. The individual items of equipment are listed below. These items can be borrowed individually or as a whole and would easily fit in the boot of a car.

<ul style="list-style-type: none"> <li>4 person dinner service</li> <li>Pyrex rectangular roaster</li> <li>Kenwood HB724 hand blender</li> <li>Oven glove</li> <li>Pyrex 3 piece casserole dishes</li> <li>Knife set (easy grip handles)</li> <li>Aprons</li> <li>Whisk set</li> <li>Roasting pan</li> <li>Food storage boxes (10 piece set)</li> <li>Pyrex roaster</li> <li>Salter scales</li> <li>Grater</li> <li>Silicone 5 piece baking set</li> <li>5 piece saucepan set</li> </ul>	<ul style="list-style-type: none"> <li>10 piece utensil and gadget set</li> <li>Measuring set - cups</li> <li>Colander</li> <li>4 person cutlery set</li> <li>Set plastic chopping boards</li> <li>Set measuring spoons</li> <li>2 * Lloytron Table top mini hobs</li> <li>Tea towels</li> <li>Kenwood food processor</li> <li>Pyrex measuring jug</li> <li>Set sieves</li> <li>Non-stick bakeware set</li> <li>Pyrex bowl set</li> </ul>
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These resources have been purchased through a funding application to Community Food and Health Scotland to provide a resource for The Pathway.

### 6.8. NHS Scotland Physical Activity Pathway.

The following link will explain the NHS Scotland Physical Activity Practitioners Guide.  
<http://www.healthscotland.com/documents/6254.aspx>

This resource has been developed to support health professionals to understand and implement the NHS Physical Activity Pathway. It will also help engage, motivate and support patients to introduce physical activity into their daily lives.

### 6.9. As consistent with the SCLD pack the following websites are also useful.

BBC On-Line Food - [www.bbc.co.uk/food](http://www.bbc.co.uk/food)  
 British Dietetic Association - [www.bda.uk.com](http://www.bda.uk.com)  
 Useful food facts leaflets available from [www.bda.uk.com/foodfacts/index.html](http://www.bda.uk.com/foodfacts/index.html)  
 British Heart Foundation - [www.bhf.org.uk](http://www.bhf.org.uk)  
 Cancer Research – [www.info.cancerresearch.org](http://www.info.cancerresearch.org)  
 Coeliac UK [www.coeliac.org.uk](http://www.coeliac.org.uk)  
 Community Food and Health (Scotland) [www.communityfoodandhealth.org.uk/](http://www.communityfoodandhealth.org.uk/)  
 The Dairy Council - [www.milk.co.uk](http://www.milk.co.uk)  
 Department of Health - [www.dh.gov.uk](http://www.dh.gov.uk)  
 Diabetes UK - [www.diabetes.org.uk](http://www.diabetes.org.uk)  
 Eatwell - [www.eatwell.gov.uk](http://www.eatwell.gov.uk)  
 Food Standards Agency - [www.food.gov.uk](http://www.food.gov.uk)  
 Health Scotland - [www.healthscotland.com](http://www.healthscotland.com)  
 Healthy living award - [www.healthylivingaward.co.uk](http://www.healthylivingaward.co.uk)  
 NHS Choices: [www.nhs.uk/livewell/healthy-eating](http://www.nhs.uk/livewell/healthy-eating)  
 Scottish Government Take Life On - [www.takelifeon.co.uk/](http://www.takelifeon.co.uk/)  
 Quality Meat Scotland - [www.qmScotland.co.uk](http://www.qmScotland.co.uk)  
 World Cancer Research Fund - [www.wcrf-uk.org/](http://www.wcrf-uk.org/)  
 World Health Organisation - [www.who.int](http://www.who.int)

### 6.10. Recipes

The SCLD Pack includes recipes but the following easy read cook books may also be useful.

<http://www.nhslothian.scot.nhs.uk/Services/A-Z/LearningDisabilities/Pages/HelpfulResources.aspx>

[http://www.cyreniansgoodfood.org.uk/what\\_we\\_do/food\\_education/](http://www.cyreniansgoodfood.org.uk/what_we_do/food_education/)

### 6.11. Community capacity

The pilot project approached local businesses such as large supermarkets to support events and sessions in the programme. This may provide resources in terms of venues but also people who can provide input into events and groups to promote learning.

#### **6.12. 'The keys to life' Strategy**

'The keys to life' is a long term strategy based on a commitment to human rights for people with learning disabilities. The strategy was developed by the Scottish Government with COSLA and a wide range of statutory and third sector partners together with people with learning disabilities and carers.

'The keys to life' has a strong focus of tackling the significant health inequalities faced by people with learning disabilities and includes many other measures to improve the quality of their lives. It can be found at <http://keystolife.info> and the Scottish Government's Website.

#### **6.13. Health Easy Read Resources**

The following websites have easy read resources including some resources relating to healthy eating, exercise and/or obesity.

<http://www.easyhealth.org.uk/>

[http://www.nhsgrampian.co.uk/nhsgrampian/gra\\_display.jsp?pContentID=7564&p\\_applic=CCC&p\\_service=Content.show](http://www.nhsgrampian.co.uk/nhsgrampian/gra_display.jsp?pContentID=7564&p_applic=CCC&p_service=Content.show)

<http://www.learningdisabilities.org.uk/our-work/health-well-being/easy-read-guides-health-conditions/>

<http://www.bild.org.uk/easy-read/easy-read-information/>